

Preparing Healthy Food

Small changes make a difference!

Here are ways to cut sugar and salt...

1. Season with herbs and spices and use less salt and sugar.



2. Add $\frac{1}{4}$ to $\frac{1}{2}$ less sugar to recipes.

3. Sprinkle food with a little lemon juice or lime juice instead of salt.



4. Use fresh or frozen vegetables without added sauce or canned without added salt..



Choose fruits that are fresh or frozen without added sugar or canned in juice.

Ways to Cut the Fat Fat has the most calories

1. Use low sodium broth or smoked turkey wings instead of fat back, bacon, butter or other animal fats.
2. Grate a little low fat cheese onto vegetables instead of a cheese or cream sauce.
3. Season vegetables with half the fat or oil you normally use.
4. Stretch creamy salad dressings with low fat or fat free mayonnaise or flavored vinegars.
5. Steam, microwave or stir fry with little, if any, added fat.

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